

The Bee's Home Magazine Page

The Heavens in September

By WILLIAM F. RIGGE, S. J.

On the 23d at 9:24 p. m. the sun crosses the equator at the autumnal equinox, and enters Libra. Day and night are then equal all over the earth, and sunrise and sunset occur everywhere at 6 o'clock exactly, according to sundial time.

The day's length on the 1st is thirteen hours six minutes; on the 15th, twelve hours twenty-nine minutes; on the 23d, twelve hours eight minutes—the additional eight minutes are granted on account of refraction—and on the 23d eleven hours forty-nine minutes, a loss of one hour seventeen minutes during the month.

The standard times of the rising, meridian passage or setting, and setting of the sun and moon at Omaha for this month are given in the following table:

| SUN. | 1915. | MOON. |
|-------|-------|-------|
| Rise. | Set. | Rise. |
| 6:53 | 5:54 | 10:54 |
| 6:52 | 5:53 | 11:01 |
| 6:51 | 5:52 | 11:08 |
| 6:50 | 5:51 | 11:15 |
| 6:49 | 5:50 | 11:22 |
| 6:48 | 5:49 | 11:29 |
| 6:47 | 5:48 | 11:36 |
| 6:46 | 5:47 | 11:43 |
| 6:45 | 5:46 | 11:50 |
| 6:44 | 5:45 | 11:57 |
| 6:43 | 5:44 | 12:04 |
| 6:42 | 5:43 | 12:11 |
| 6:41 | 5:42 | 12:18 |
| 6:40 | 5:41 | 12:25 |
| 6:39 | 5:40 | 12:32 |
| 6:38 | 5:39 | 12:39 |
| 6:37 | 5:38 | 12:46 |
| 6:36 | 5:37 | 12:53 |
| 6:35 | 5:36 | 13:00 |
| 6:34 | 5:35 | 13:07 |
| 6:33 | 5:34 | 13:14 |
| 6:32 | 5:33 | 13:21 |
| 6:31 | 5:32 | 13:28 |
| 6:30 | 5:31 | 13:35 |
| 6:29 | 5:30 | 13:42 |
| 6:28 | 5:29 | 13:49 |
| 6:27 | 5:28 | 13:56 |
| 6:26 | 5:27 | 14:03 |
| 6:25 | 5:26 | 14:10 |
| 6:24 | 5:25 | 14:17 |
| 6:23 | 5:24 | 14:24 |
| 6:22 | 5:23 | 14:31 |
| 6:21 | 5:22 | 14:38 |
| 6:20 | 5:21 | 14:45 |
| 6:19 | 5:20 | 14:52 |
| 6:18 | 5:19 | 14:59 |
| 6:17 | 5:18 | 15:06 |
| 6:16 | 5:17 | 15:13 |
| 6:15 | 5:16 | 15:20 |
| 6:14 | 5:15 | 15:27 |
| 6:13 | 5:14 | 15:34 |
| 6:12 | 5:13 | 15:41 |
| 6:11 | 5:12 | 15:48 |
| 6:10 | 5:11 | 15:55 |
| 6:09 | 5:10 | 16:02 |
| 6:08 | 5:09 | 16:09 |
| 6:07 | 5:08 | 16:16 |
| 6:06 | 5:07 | 16:23 |
| 6:05 | 5:06 | 16:30 |
| 6:04 | 5:05 | 16:37 |
| 6:03 | 5:04 | 16:44 |
| 6:02 | 5:03 | 16:51 |
| 6:01 | 5:02 | 16:58 |
| 6:00 | 5:01 | 17:05 |

The dot period between the hours and minutes indicates P. M. times. The times not so marked are A. M. The sun is in the first month on sundial time, the exact amount in minutes being found by subtracting from twenty-four the minutes given after 12 in the "moon" column.

Jupiter is in opposition to the sun on the 17th, and rises on that day when the sun sets, so that it will soon be visible at convenient hours of the night. Mars rises on the 15th at 12:37 a. m. and sets on the 12th at 12:38 a. m. Venus is in conjunction with the sun on the 12th and will soon be visible again in the evening. Mercury is farthest from the sun on the 27th, and ought then to be found readily in the evening twilight.

On the 10th there is a conjunction between Mars and Saturn, Mars being one degree and eight minutes north of Saturn.

The moon is in last quarter on the 1st at 5:57 a. m., new on the 9th at 4:52 a. m., in first quarter on the 16th at 1:31 a. m., and full on the 23d at 3:35 a. m. It is in conjunction with Mars on the 2d, Saturn on the 4th and Jupiter on the 23d. CREGHTON UNIVERSITY OBSERVATORY, Omaha, Neb.

In-Shoots

The fringe of society is a tangled web.

The afflictions of our neighbor always seem trivial.

The fussy man is not necessarily a busy individual.

Might as well sleep on as rise early and sit around with folded hands.

One idea in a brainy head is worth a thousand idle dreams.

Bad luck is sometimes a blessing in disguise—but not often.

Some people are economical even in the matter of gratitude.

MRS. WILLIAMS' LONG SICKNESS

Yields to Lydia E. Pinkham's Vegetable Compound.

Elkhart, Ind.—"I suffered for fourteen years from organic inflammation, female weakness, pain and irregularities. The pains in my sides were increased by walking or standing on my feet and I had such awful bearing down feelings, was depressed in spirits and became thin and pale with dull, heavy eyes. I had six doctors from whom I received only temporary relief. I decided to give Lydia E. Pinkham's Vegetable Compound a fair trial and also the Sanative Wash. I have now used the remedies for four months and cannot express my thanks for what they have done for me.

"If these lines will be of any benefit you have my permission to publish them."—Mrs. SADIE WILLIAMS, 455 James Street, Elkhart, Indiana.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

EXERCISE THE BEST GUIDE IN WOMAN'S QUEST FOR BEAUTY—Ziegfeld girls tell how to gain physical charm. Two poses of Sybil Carman illustrating exercises for the feet, which she prescribes as conducive to correct carriage.



Clever women long ago discovered that brains, not their make-up box, were the secret of lasting youthful charm. Good looks nowadays are based fundamentally on good health, not cosmetics.

The color of the eyes, the shape of the nose and skin are individual problems for every woman. But the big outstanding, universal need woman today face in their quest for beauty is bodily grace. And exercise is the solution.

It may require a little exercise to find time to exercise, but could a few minutes' night and morning be better spent?

The Bee will print a series of articles suggesting simple, but effective exercises, written by members of the remarkable cast of the Ziegfeld "Follies."

"These young women have achieved their unusual grace and charm by practicing the exercises they describe. In the first article, printed today, Miss Sybil Carman tells how to care for and exercise the feet, whose condition is the fundamental factor in correct carriage."

No woman is pretty if her feet hurt. Tired, aching feet may be a minor physical ailment, but they surely are a major beauty detractor. Personally I have found that exercise in my own room did more to keep my feet strong and supple than any other one thing.

The exercises I have shown today are self-explanatory. Their object is to develop the muscles of the legs. This is found to be beneficial to the feet. As a rule, your feet get too little attention, outside of the ordinary "walks of life."

"Watch your step," for the modern woman, might well be translated into "Watch your feet."

Be good to your feet. It pays in the end. Bathe them at night when they are tired, in a little tepid water with a pinch of borax in it. Massage them frequently.

old them in place as tightly as you can. Then scrub with a stiff brush to start the circulation. Work your toes a little as you do this and you will feel the muscles up the back of your leg getting the exercise they need.

After all, this problem of making your feet stronger really works out in two definite ways. It enables you to walk and to stand better. Every woman needs to walk more and faster.

And by that I do not mean walking for hours between bargain counters! Even house work strenuous as it is, is not the kind of walking a woman needs. Every woman should get out of doors, throw back their shoulders, swing her arms and take a real walk just as briskly as she can every day, if possible. Sauntering is hard on a person, but brisk walking is one of the best exercises in the world.

Have as many pair of shoes as you can afford and change your shoes every day. Rest your feet and do much towards preventing corns.

One exercise that will strengthen your feet is very simple and yet does much to make the foot muscles supple. Curl your toes over the edge of the bath tub or alternate low heels with high. This will

Epicurean Episodes

By DOROTHY DIX.

Among the most popular hors d'oeuvres is deviled mother-in-law. Indeed, although this dish is highly indigestible and certain to disagree with every one who partakes of it.

It practically forms the staple diet of most families, where it is not only served at the beginning of a meal, but also at the end and frequently through the middle.

There are fifty-seven different varieties of deviled mother-in-law, each household having its own set of recipes, and each a little more acid and vinegary and full of pep than the other. Not only is this the case, but men and women vie with each other in concocting the savory relish until it is hard to say whether the husband or the wife is the greatest artist in its manufacture.

Strictly speaking, deviled mother-in-law is a family dish, especially when it is particularly high seasoned, but occasionally it is passed around to guests and acquaintance. This, however, is not



good form. Deviled mother-in-law, like ripe watermelon, should only be partaken of in the privacy of the home circle. Good taste demands this.

Also, it is to be observed that one of the peculiarities of this plate is that while we all have an insatiable appetite for deviled mother-in-law of our own make, we do not in the least care for that prepared by our friends, and very little of it survives us and falls upon our palate.

To obtain a mother-in-law for deviling it is never necessary to either buy it or to go out and hunt for one yourself. It is always wished upon you, and whatever kind you get you are sure to think that it is the very worst that ever happened, and you would have preferred any other known variety.

Occasionally a man undertakes to make a confect of his mother-in-law by stewing it down in a syrup of sweet words and loving attentions and sugary compliments. This is never done unless the mother-in-law belongs to the species known as the rich widow, which is simply boiling with money.

The results in such cases are said to be so highly satisfactory that the men who evoke up mother-in-law in this way are enabled to knock off all other work, and to ride in automobiles and drink vintage wine, and live on lobster, Newburg and planked steaks, and only use mother-in-law as a sweetener.

So far as is known, women have no knack at preparing any variety of sweetened mother-in-law, and never try their hands at anything but deviling it. As a matter of fact, men seldom attempt it either, for it seems to be the consensus of opinion that to do anything but pickle a mother-in-law is as unnatural as it is to make soup out of butterfat, or to put sugar on fish, or pepper on strawberries. Some people commit these gastronomic crimes, but they show a queer and exotic taste.

To devil a mother-in-law man style, take a mother-in-law that you have unconsciously acquired by marriage, and stew it the once over to see where the tender spots are. It is sure to have a few sensitive places that you can dis-

Deviled Mother-in-Law, An Intimate Recipe for Consumption in the Home

cover by a little careful study. Then get out your hammer and knock these until they are beaten into a jelly. Of course you can do this much more thoroughly if your mother-in-law is always handy about the house, but with persistence you can turn a neat job even when you can give it absent treatment, which serves every purpose.

Having carefully prepared mother-in-law, make a sauce as follows: Take a ton of criticism, the more acid the better, a barrel of ridicule, a bushel of assorted prejudices, and an unlimited amount of determination not to be teased by the wife's mother. Dissolve all of these in plenty of temper, and steep the mother-in-law in it until it becomes sour enough to set your teeth on edge. Serve this dish with a garnish of sneers and jeers and cold looks and frozen faces.

Deviled mother-in-law is a la bonne femme is prepared much in the same way. Women, however, always begin making this dish by separating the mother-in-law from the son it adores. This breaks its heart and makes it easy to pickle. Having thus prepared the mother-in-law for the pickling process, the housewife submerges it in a sauce the basis of which is jealousy, but to which have been added equal parts of temper, nerves, stings and malice.

Add no salt to this mixture, as the tears of the mother-in-law make it sufficiently briny. Let the mother-in-law soak in this mixture until it acquires the desired peppery flavor.

Deviled mother-in-law is highly recommended as a hot weather dish, as it is guaranteed to send the temperature of any table about which it is freely passed down to zero.

Do You Know That

The whale yields on an average 2,000 gallons of oil.

Lullington church, Sussex, is the smallest in England. It is just sixteen feet square.

After the revolution, the French started a new calendar, beginning with the year 1.

The thirteenth century version of the proverb, "Out of sight, out of mind," was "Far from eye, far from heart."

Warning is due to a deficiency in the air supply to the lungs, and is nature's method of rectifying the deficiency.

Coffee contains water, sugar, fat, casein, gum, woody matter, oil, mineral matter and caffeine, a drug composed of hydrogen, carbon, nitrogen and water.

Do You Know The Real Food Value of Spaghetti?

When you talk of buying ten cents or one dollar's worth of any foodstuff, what do you mean by "worth"? The only measure of genuine worth in the purchase of staples must be based on the amount of nutrition in mind when you buy the family provisions. Let us see.

Meat is probably your biggest item. Yet no less an authority than Dr. Hutchison, the dietitian, says that meat is a dear food. Why? Because we pay far too much for the amount of nutrition that we secure. Meat contains 75 per cent water—think of this when sirloin is checked up at 30 a lb.—three-quarters water! Now, take Faust Spaghetti, made from Durum wheat, a rich, glutinous cereal. Of spaghetti and its allied products, the same authority says that they contain 100 per cent nutrition. Rich in protein, they are absorbed almost in their entirety—go to make blood, muscle and tissue. Faust Spaghetti costs 10¢ a large package—nearly all worth.

MAULL BROS., St. Louis, U. S. A.

DIAMONDS ON CREDIT

Every one who is awake to his opportunity will invest his money in a genuine Diamond. Now, if you are a man, you can get a diamond lower than they ever will be again. If you wish to invest \$10 in a diamond, you can do so and pay only \$2.50 a month. If you wish to invest \$20 the monthly payment is only \$5.00. A \$75 diamond costs but \$17.50 a month, or \$100 better is easy at \$12 a month. By this easy plan of payment you can buy 100% while prices are down, and get the benefit of all future advances. Do not hesitate to open an account. Rush me today to the fact that they never made a dollar till they asked for credit.



1132-La Valliere's Fine Solid Gold, genuine onyx cut 1 1/2 x 1 1/2. Fine Diamond, com. fine Dia. 15-in. chain \$1.50 a month. \$1 a month.

1104—Solid Flat 1139—Scarf \$6.25 a month \$6.50 a month. (open daily till 8 p.m., Sat'days till 9:30)

Call or write for Catalog No. 302. Phone Douglas 1444 and our ad. over will.

LOFTIS THE NATIONAL Credit Jewellers

BROS & CO. 1523 4th St. Omaha.

Girls and Married Admirers

Copyright, 1915, by Star Company. By ELLA WHEELER WILCOX.

The young women who get their names unpleasantly associated with married admirers can be divided into three classes—the spoiled girl, who is over-sentimental, conceited and growing; the utterly selfish and vain girl, and the girl of deep emotions who has never known love.

I met one of the first type recently in the heart of the great metropolis. She was a beauty, an only child and motherless, and possessed of wealth and position. She had filled a naturally romantic mind on French novels, and she was utterly spoiled by adulation.

She loved to talk of herself, and she confessed that she had, at the age of 20, grown quite blasé with the monotonous attentions of adoring swains, and that she found nothing so interesting now as the admiration of married men.

"I suppose I like them because they are unattainable," she said nonchalantly, "and I confess the nearest sentiment I ever felt to love was inspired by a married man. His unhappy domestic life first drew me to him; he said he felt I had such a sympathetic nature from the very first. Poor fellow! he is nearly crazy about me now; he fairly adores the ground I walk on."

"My dear girl, nothing is so uncertain as the impression a coquetish young woman makes on a married man," I replied. "Quite likely he is telling his wife that he pines for the fool who marries you. He may flatter you and pay you compliments galore, and sigh over you just to see how much you know of human nature, but he is not respecting you, that is certain."

"He may feel the charm of your beauty, but he would not defend your good name if he heard it assailed; if he is sufficiently lacking in principle to lead you to receive his compromising attentions, he is lacking the honor to defend you from the tongue of gossip."

"He would defend me because he is in love with me," she urged. "Did you never hear of an unhappily married man really feeling the love of a lifetime for some one he met afterward?"

"Once in a while that occurs," I replied. "But you are scarcely the type of girl to inspire such a passion. A man would amuse himself with you, and try to lead you on, but he would not lose his head over you. Your position and wealth and beauty would flatter his masculine pride, and he would enjoy thinking he had power to lure you over conventional barriers; but he would feel a secret contempt for you, all the same."

"You are a spoiled, sentimental girl, whose imagination has got the better of her judgment. You are wasting sym-

pathy and jeopardizing happiness. Nothing will so effectively drive away desirable suitors from a young girl as the accepted attentions of a married man."

The most hopeless coquette is the heartless girl with an abnormal love of conquest and excitement, who finds with married men the adventure and reckless element necessary to her happiness. Such a girl is seldom morally vicious in the generally accepted use of that term; she is superficial in her emotions, cold, vain and selfish. She likes her freedom and the opportunity of conquest and adventure it affords her.

She has no idea of going wrong, but loves to play about the risk of danger. Having no deep emotions of her own to control, she tempts and arouses those of men, scarcely conscious of her evil influence; she flirts, laughing, mocking, and more amused than terrified, out of danger's reach as soon as it menaces her.

She enjoys the tragedy of the situation and has complete control of herself. She has a cruel element in her nature and enjoys the power to cause pain. She prides herself on being able to make wives jealous.

People usually accuse the girl flirt of being far more depraved than she is. Here is the depravity of mind without the corresponding depravity of body. But the public is slow to believe this. She loses her good name without having committed sin and without having inspired a great love. Her most persistent pursuers forget her quickly, or think of her without regret.

The third and most to be pitied type of girl whose name is marred by association with a married man is the girl of deep emotions who has passed her twenty-fifth birthday without having loved or married. With more than ordinary mind, with a high ideal of manhood, with strong emotions and intense longing for love, she sees her girlhood's companions mated one by one while her

own dreams and hopes slip farther and farther back into the past with her first youth.

Such a girl is liable to be superior to her early admirers, and as she reaches ripe womanhood she finds mental comradeship in married men only. Then comes the dangerous association with some man whose domestic life is a disappointment, and who discovers in her what he misses at home.

It may be her pastor, it may be her family physician, it may be the husband of some old schoolmate whom she visits; but as a streak of lightning sets fire to dry buildings, his glance and touch influence her ripened and craving emotions.

She is capable of feeling and inspiring a great passion; and, unlike either of the types already described, she attracts and is attracted by men strong in their emotions and of no mean mental endowments; men who have grown beyond their wives and who have perhaps lived through years of brain solitude and heart hunger before they met this girl.

We speak of a young woman of 25 or 30 as old enough to be sensible and well behaved, but, in fact, that is the very time of life when it is most difficult for an unanchored girl to be prudent and reasonable. From 17 to 25 a healthy vigorous girl is in danger of imprudence or folly from ignorance of her emotions; from 25 to 30 she is in danger from the knowledge of them.

The blind and cruel judgment of Christian communities on this subject is inconsistent with the spirit of Christ, or with scientific enlightenment of the present day in other matters.

When I heard a girl in that period of life who has wrecked her future and lost her good name through some great act of folly, I am moved with the deepest pity and sorrow. She is like the ungathered dead-ripe fruit that bursts in the sun and falls into the dust below.

Illusions

By JANE McLEAN.

They will not go the while you, clinging to them. Hold them against your breast; Out of a world of gray and sodden sorrows, Tear wet, they bring you rest.

They will not go, they linger in the byways. Touching your world with song, Strewn your path ahead with glowing roses. Lest it seem long.

They will not go, for often in the twilight They will surprise you there, Soothing your fevered brow with small, cool fingers, Calming your deep despair.

They will not go till you shall push them from you Seeking a meaning plain; Then banished they will slip away forever, Leaving you pain.

Jests of the Married

By Virginia Terhune Van Do Water. (Copyright, 1915, Star Company.)

A book entitled "How to Be Happy Though Married," was written over a quarter-century ago. Either it did not contain infallible rules for marital felicity, or it was not universally read by husbands or wives. For such are still often discontented with their lot.

May it not be time for somebody to write a volume on "How to Seem Happy Though Married?" For we do get tired of hearing people air their conjugal misery.

Perhaps women are more prone to confide serious marriage troubles to their bosom friends than are men. When a man really complains in sad and bitter earnest of the wife he has chosen, he is about ready to leave her. For where actual unhappiness exists, a man tells little until he is ready to act. I wish I could say as much for his wife.

But there is something to which men—and good men, too—must plead guilty. That is the stupid habit of speaking in fun as if matrimony were slavery and bondage. They find an unwholesome joy in this kind of jest. How often one hears a husband say with a laugh, "When I was a happy bachelor," or "When a man marries his trouble begins!"

He does not mean that his words imply. He would tell you in the next breath that he loves his wife, that she is the finest little girl in all the world, that he could not live without her. Then why, oh, why, perpetrate the unseemly and banal jokes about being bullied and bossed by this same "little girl?" These jokes are, to say the least, in wretched taste.

Why should matrimony entitle one to jests that are actually offensive? Imagine anyone's smiling at the son who joked about his bondage to his mother; fancy smiling at the daughter who said she was a slave to her father's whims! Yet we grin—or try to—when we hear a husband remark:

"Yes, I'll accept your invitation if my wife will let me. But, you know, a married man is an ape under authority. I hardly dare call my soul my own!"

And these speeches are made in the presence of the wife, who tries—poor soul!—to laugh with the rest of the listeners and to look as if she were amused.

If the man were speaking the truth, he ought to be ashamed of himself. If, as he will declare in self-justification, he is "only in fun," he would do well to cultivate a more just sense of humor.

Is there any other partnership whose members speak as slightingly of it as do those who are partners in matrimony? Two men in business together do not air in public their grievances against each other and the disgust with the combination. If they did, their business would not prosper, and people would know that it did not.

The thought occurs to one: If married people were as careful to conceal their mutual differences and were as eager to make the world believe in the success of their enterprise as are the members of a business concern, might not marriage be less of a failure than it is at present? "To what do you attribute the prosperity of a certain ethical cult?" a clergyman was asked.

Advice to Lovelorn

By BEATRICE FAIRFAX.

Do You Love Him? Dear Miss Fairfax: I am 19 and am quite fond of a young man of 23. We have been keeping company for about six months and he tells me he would like to marry me for at least one or two years. He intends to go away for a while and try his luck, at the end of which time, if he makes good, we are to be married. My parents object to my writing, saying that if he does not make good, I will be losing other chances in the meantime, although I don't see how I can, if I do not become engaged to him. TROUBLED.

If you love him, agree to wait. If you don't love him, don't. This will settle the whole thing. As for your lost chances, my dear girl, in love with a man never think of what that love may be costing her in the loss of another man's attentions.

To Have Wavy Hair Like Nature's Own

Here's a brand new recipe, of unquestioned merit, that I advise you to make use of, unless you are one of the few possessors of nature's wavy hair. It is very simple, for all you need to do is to apply a little liquid salerine at night—on a clean towel brush—and in the morning you will find this hair dried in the waves that it was never imagined. They will be just like Nature's own, having no resemblance to the effect produced by a hot iron, which is so obviously artificial.

This application is really beneficial to the hair and gives it that